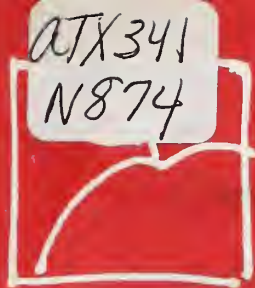


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



Nutri - Topics

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Boulevard
Beltsville, MD 20705

Health Professional/Researcher

ISSN: 1053-8879
96-H1

Weight Control and Obesity

Overview (in order by year)

American Health Foundation: Roundtable on Healthy Weight: Proceedings of an Expert Panel Discussion Held in New York, NY, September 10, 1994. *Supplement to The American Journal of Clinical Nutrition*, 63(3S):409S-475S. 1996.

Workshop on Prevention and Treatment of Childhood Obesity, September 11-12, 1995.
National Institute of Diabetes and Digestive and Kidney Disease, et al. 1996.

"Obesity." In: *Nutrition in Women's Health*. Debra A. Krummel and Penny M. Kris-Etherton (editors). Gaithersburg, MD: Aspen Publishers, Inc. 1996. pps. 323-373.

Children and Teens in Weight Crisis. Francie M. Berg. Hettinger, ND: Healthy Weight Journal. 1995. 35 pp.

"Do children lose and maintain weight easier than adults: a comparison of child and parent weight changes from six months to ten years." Leonard H. Epstein, et al. *Obesity Research*, 3(5): 411-417. 1995.

"Part I-Regulation of Eating and Weight; Part II-Dieting and Body Image; Part VIII- Scope, Consequences, and Physiology of Obesity; and Part IX-Assessment and Treatment of Obesity." In: *Eating Disorders and Obesity: a Comprehensive Handbook*. Kelly D. Brownell and Christopher G. Fairburn (editors). New York: Guilford Press. 1995.

Third Report on Nutrition Monitoring in the United States: Executive Summary. Life Sciences Research Office, Federation of American Societies for Experimental Biology. Interagency Board for Nutrition Monitoring and Related Research. Washington, DC: Government Printing Office, 1995. 51 pp.

"Obesity." F. Xavier Pi-Sunyer. In: *Modern Nutrition in Health and Disease*, 8th ed. Maurice Shils, James A. Olson, and Moshe Shike (editors.). Philadelphia: Lea & Febiger. 2:984-1006. 1994.

Obesity: Pathophysiology, Psychology, and Treatment. George Blackburn and Beatrice Kanders. New York: Chapman & Hall. 1994. 336 pp.

"Binge eating disorder: current knowledge and future directions." Susan Zelitch Yanovski. *Obesity Research*, 1(4):306-324. 1993.

Encyclopedia of Obesity and Eating Disorders. Dana K. Cassell. New York: Facts On File. 1993. 400 pp.

Obesity: Theory and Therapy. Albert J. Stunkard and Thomas A. Wadden. New York: Raven Press. 1993. 377 pp.

"Obesity, weight loss, and health." Jonathan I. Robison, et al. *Journal of The American Dietetic Association*, 93:445-449. 1993.

"Prevention and treatment of childhood obesity." Christine L. Williams and Sue Y.S. Kimm (editors). In: *Annals of the New York Academy of Sciences*. New York, NY: The New York Academy of Sciences, vol. 699. 1993. 312 pp.

"When your obese patient can't lose weight." Karen M. Neil and Robert F. Kushner. *Postgraduate Medicine*, 93(2):155-162, 168-169, 172. 1993.

"The problem of obesity: fundamental concepts of energy metabolism gone awry." Judith G. Dausch. *Critical Reviews in Food Science and Nutrition*, 31(4):271-298. 1992.

Prevalence (in order by year)

"Can the year 2000 objective for reducing overweight in the United States be reached?: a simulation study of the required changes in body weight." C.M. Russell, D.F. Williamson, and T. Byers. *International Journal of Obesity and Related Metabolic Disorders*, 19(3):149-153. 1995.

"Indexes of obesity and comparisons with previous national survey data in 9- and 10-year-old black and white girls; National Heart, Lung, and Blood Institute, Growth and Health Study." B.N. Campaigne, et al. *The Journal of Pediatrics*, 124(5, pt.1): 675-680. 1994.

"Height, weight, and body mass index of American Indian children." M. Yvonne Jackson. *Journal of The American Dietetic Association*, 93(10):1136-1140. 1993.

"Trends in body composition for infants and children in the U.S." Robert J. Kuczmarski. *Critical Reviews in Food Science and Nutrition*, 33(4/5):375-387. 1993.

Classification, Definition, and Measurement (in order by year)

Handbook of Assessment Methods for Eating Behaviors and Weight-Related Problems:

Measures, Theory and Research. David B. Allison (editor). Thousand Oaks, CA: Sage Publications, Inc. 1995. 634 pp.

"Commentary on classics of obesity: hypothalamic obesity." George A. Bray. *Obesity Research*, 1(4):325-328. 1993.

"The composition of weight loss in dieting obese females by electrical methods." N.H. Saunders, et al. *International Journal of Obesity*, 17(6):317-322. 1993.

"Defining obesity in children and adolescents: epidemiologic approaches." Katherine M. Flegal. *Critical Reviews in Food Science and Nutrition*, 33(4/5):307-312. 1993.

"The Frohlich Syndrome Report of the original case." Hilde Bruch. *Obesity Research*, 1(4):329-331. 1993.

"Visceral fat loss measured by magnetic resonance imaging in relation to changes in serum lipid levels of obese men and women." R. Leenen, et al. *Arteriosclerosis and Thrombosis*, 13(4):487-494. 1993.

"Classification of obesity with respect to morbidity." Yuji Matsuzawa, et al. *Proceedings of the Society for Experimental Biology and Medicine*, 200(2):197-201. 1992.

"Composition of weight loss in severely obese women: a new look at old methods." Jeanine Albu, et al. *Metabolism*, 41(10):1068-1074. 1992.

"Personal and parental alcohol abuse, and victimization in obese binge eaters and nonbingeing obese." Robert A. Kanter, Bronwen E. Williams, and Claudette Cummings. *Addictive Behaviors*, 17:439-445. 1992.

"Use of skinfolds and bioelectrical impedance for body composition assessment after weight reduction." Irma J.M. Pajmans, Kristine M. Wilmore, and Jack H. Wilmore. *Journal of the American College of Nutrition*, 11(2):145-151. 1992.

Genetics and Environment (in order by year)

"Activity level and risk of overweight in male health professionals." P.L. Ching, et al. *American Journal of Public Health*, 86(1):25-30. 1996.

- "Genetics of human obesity." D.B. Allison. *Weight Control Digest*, 6(2):506, 508-510. 1996.
- "Leptin: product of the obese gene." M.T. Behme. *Nutrition Today*, 31:138-141. 1996.
- "Television viewing as a cause of increasing obesity among children in the United States 1986-1990." S.L. Gortmaker, et al. *Archives of Pediatrics and Adolescent Medicine*, 150(4):356-362. 1996.
- "Physical activity and public health: a recommendation from the Centers for Disease Control and the American College of Sports Medicine." *Journal of the American Medical Association*, 273:402-407. 1995.
- "Psychological correlates of weight fluctuation." *International Journal of Eating Disorders*, 17:263-275. 1995.
- The Genetics of Obesity*. Claude Bouchard (editor). Boca Raton, FL: CRC Press, Inc. 1994. 336 pp.
- "Breast-feeding reduces maternal lower-body fat." F. Matthew Kramer, et al. *Journal of The American Dietetic Association*, 93(4):429-433. 1993.
- "Differences in postpartum weight retention between black and white mothers." Jennifer D. Parker and Barbara Abrams. *Obesity & Gynecology*, 81(5, pt. 1):768-774. 1993.
- "Genetic and nongenetic determinants of regional fat distribution." Claude Bouchard, Jean Pierre Despres, and Pascale Mauriege. *Endocrine Reviews*, 14(1):72-93. 1993.
- "Genetics of obesity." Claude Bouchard and Louis Perusse. *Annual Review of Nutrition*, 13:337-354. 1993.
- "The influence of fatness, weight change, slimming history and other lifestyle variables on diet reporting in Danish men and women aged 35-65 years." Berit Lilienthal Heitmann. *International Journal of Obesity*, 17(6):329-336. 1993.
- "Physical activity in children and youth: relationship to obesity." Russell R. Pate. *Contemporary Nutrition*, 187(2):1-2. 1993.
- "The role of weight management in the health of woman." Sachiko T. Jeor. *Journal of The American Dietetic Association*, 93(9):1007-1012. 1993.
- "Social and economic consequences of overweight in adolescence and young adulthood." Steven L. Gortmaker. *The New England Journal of Medicine*, 329:1008-12. 1993.

"Biology of adipose tissue and its effect on the treatment of childhood obesity." Per Bjorntorp. *Pediatric and Adolescent Medicine*, 2:106-114. 1992.

"The Christmas factor in obesity therapy." Ingalena Andersson and Stephan Rossner. *International Journal of Obesity*, 16(12):1013-1015. 1992.

"Correlates of obesity in young black and white women: the CARDIA study." Gregory L. Burke, et al. *American Journal of Public Health*, 82(12):1621-1625. 1992.

"An investigation of counter regulatory eating in obese clinic attenders." Karen L. McCann, et al. *International Journal of Clinical Nutrition*, 12(2):161-169. 1992.

"Models for dietary and weight change in African-American women: identifying cultural components." Shiriki K. Kumanyika, Christiaan Morssink, and Tanya Agurs. *Ethnicity & Disease*, 2(2):166-175. 1992.

"Predictors of weight reduction in obese children." O. Nuutinen and M. Knip. *European Journal of Clinical Nutrition*, 46(11):785-794. 1992.

Mortality and Morbidity (in order by year)

Health Risks of Weight Loss. 3rd edition. Francie M. Berg. Hettinger, ND: Healthy Weight Journal. 1995. 157 pp.

"Beneficial health effects of modest weight loss." David J. Goldstein. *International Journal of Obesity*, 16(6):397-415. 1992.

Health Risks of Obesity: 1993 Special Report. Frances M. Berg. Hettinger, ND: Obesity & Health. 1992. 130 pp.

"Long-term morbidity and mortality of overweight adolescents: a follow-up of the Harvard Growth Study of 1922 to 1935." Aviva Must, et al. *New England Journal of Medicine*, 327(19):1350-1355. 1992.

"Mortality of severely obese subjects." Lars V. Sjostrom. *American Journal of Clinical Nutrition*, 55(suppl. 2):516S-523S. 1992.

"Weight loss and mortality in a national cohort of adults, 1971-1987." Elsie R. Pamuk, et al. *American Journal of Epidemiology*, 136(6):686-697. 1992.

Pathogenesis (in order by year)

- "The association of lifetime weight and weight control patterns with bone mineral density in an adult community." Troy L. Holbrook and Elizabeth Barrett-Connor. *Bone and Mineral*, 20(2):141-149. 1993.
- "Differential health benefits of weight loss in upper-body and lower-body obese women." Jill A. Kanaley, et al. *American Journal of Clinical Nutrition*, 57(1):20-26. 1993.
- "Overweight, weight loss, and risk of coronary heart disease in older women." Tamara B. Harris, et al. *American Journal of Epidemiology*, 137(12):1318-1327. 1993.
- "Strategies for the molecular genetic analysis of obesity in humans." Rudolph L. Leibel, et al. *Critical Reviews in Food Science and Nutrition*, 33(4/5):351-358. 1993.
- "Glycogen storage: illusions of easy weight loss, excessive weight regain, and distortions in estimates of body composition." Stephen N. Kreitzman, Ann Y. Coxon, and Kalman F. Szaz. *American Journal of Clinical Nutrition*, 56(suppl 1):292S-293S. 1992.
- "Is body fat loss a determinant factor in the improvement of carbohydrate and lipid metabolism following aerobic exercise training in obese women?" Benoit Lamarche, et al. *Metabolism*, 41(11):1249-1256. 1992.
- "No differences in rates of energy expenditure between post-obese women and their matched, lean controls." Ria de Peuter, et al. *International Journal of Obesity*, 16(10):801-808. 1992.
- "Visceral fat accumulation in obese subjects: relation to energy expenditure and response to weight loss." R. Leenen, et al. *American Journal of Physiology*, 263(5, pt. 1):913-919. 1992.

Perceptions (in order by year)

- "The relationship between body weight concerns and adolescent smoking." Diane E. Camp, Robert C. Klesges, and George Relyea. *Health Psychology*, 12(1):24-32. 1993.
- "Adolescents' perceptions of relative weight and self-reported weight loss activities." Michael Felts, et al. *Journal of School Health*, 62(8):372-376. 1992.
- "Self-reported and measured weights and heights of participants in community-based weight loss programs." Linda R. DelPrete, et al. *Journal of The American Dietetic Association*, 92(12):1483-1486. 1992.

"Myths about childhood obesity." Linda G. Bandini and William H. Dietz. *Pediatric Annals*, 21(10):647-652. 1992.

Treatment Methods and Outcomes (in order by year)

Journal articles and books are listed according to method(s) of treatment after subheadings.

Overview of Treatment

"Is there a new weight paradigm?" E.L. Parham. *Nutrition Today*, 31: 155-161. 1996.

"Do children lose and maintain weight easier than adults: a comparison of child and parent weight changes from six months to ten years." Leonard H. Epstein, et al. *Obesity Research*, 3(5):411-417. 1995.

"Maintenance of weight loss: a needs assessment." Judith D. DePue, et al. *Obesity Research*, 3(3):241-248. 1995.

"Matching individuals to weight loss treatments: a survey of obesity experts." M.B. Schwartz and K. D. Brownell. *Journal of Consulting and Clinical Psychology*, 63(1):149-153. 1995.

"Redefining success in obesity intervention; the new paradigm." J. I. Robison, et al. *Journal of The American Dietetic Association*, 95:422-423. 1995.

Weighing the Options: Criteria for Evaluating Weight-Management Programs. Paul R. Thomas (editor). Washington, DC: National Academy Press. 1995. 282 pp.
3(3):241-248. 1995.

Weight Loss, Quackery and Fads. Frances M. Berg. Hettinger, ND: Healthy Weight Journal. 1995. 28 pp.

"Guidelines for overweight in adolescent preventive services: recommendations from an expert committee." John H. Himes and William Dietz. *American Journal of Clinical Nutrition*, 59:307-316. 1994.

"Toward a new paradigm for the management of obesity." Steven R. Hawks and Paul Richins. *Journal of Health Education*, 25(3):147-153. 1994.

"Obesity and the implications of weight loss (is there death after success?)" Gary R. Cutter. *Perspectives in Applied Nutrition*, 1(1):3-13. 1993.

- "A paradigm shift from weight loss to healthy living." Linda Omichinski. *Obesity and Health*, 7(3):48-50. May/June 1993.
- "The role of weight management in the health of women." Sachiko T. St. Jeor. *Journal of The American Dietetic Association*, 93(9):1007-1012. 1993.
- "Working in harmony with how people change naturally." J. O. Prochaska. *Weight Control Digest*, 3:251-254. 1993.
- "Effect of weight reduction on resting energy expenditure, substrate utilization, and the thermic effect of food in moderately obese women." Karl M. Nelson, et al. *American Journal of Clinical Nutrition*, 55(5):924-933. 1992.
- "Effective weight maintenance techniques of healthy, normal-weight, middle-aged women." Sarah F. Stallings and Patricia Giblin Wolman. *Topics in Clinical Nutrition*, 7(3):56-62. 1992.
- "Etiology and treatment of obesity: understanding a serious, prevalent, and refractory disorder." Kelly D. Brownell and Thomas A. Wadden. *Journal of Consulting and Clinical Psychology*, 60(4):505-517. 1992.
- "Evaluation of an intensive weight control program using a prior criteria to determine outcome." Diana Beliard, Daniel S. Kirschenbaum, and Marian L. Fitzgibbon. *International Journal of Obesity*, 16(7):505-517. 1992.
- "Long-term weight control in obese children: persistence of treatment outcome and metabolic changes." Outi Nuutinen and Mikael Knip. *International Journal of Obesity*, 16(4):279-287. 1992.
- "Obesity: a quartet of approaches." C. Wayne Callaway, et al. *Patient Care*, 26(14):157-164, 171-172, 174, 183-184, 186-188, 190, 193-196, 199. 1992.
- "Obesity and efforts to lose weight." Elliot Danforth, Jr. and Ethan A.H. Sims. *New England Journal of Medicine*, 327(27):1947-1948. 1992.
- "A pilot weight control program for Hispanic women." Suzanne B. Domel, et al. *Journal of The American Dietetic Association*, 92(10):1270-1271. 1992.
- "Stages of change in successful weight control: a clinical derived model." Daniel S. Kirshenbaum. *Behavior Therapy*, 23:623-635. 1992.
- "Treatment of obesity." J.S. Garrow. *Lancet*, 340(8816):409-413. 1992.

Treatment of the Seriously Obese Patient. Thomas A. Wadden and Theodore B. Van Itallie.
New York: Guilford Press. 1992. 524 pp.

“Undieting: a program of help people stop dieting.” Janet Polivy and C. Peter Herman.
International Journal of Eating Disorders, 11(3):262-268. 1992.

“Weight control for black women.” Suzanne B. Domel, et al. *Journal of The American Dietetic Association*, 92(3):346-348. 1992.

“Weight loss attempts in adults: goals, duration, and rate of weight loss.” David F. Williamson, et al. *American Journal of Public Health*, 82(9):1251-1257. 1992.

“Weight loss, body composition and risk factors for cardiovascular disease in obese children: long-term effects of two treatment strategies.” Outi Nuutinen and Mikael Knip. *Journal of the American College of Nutrition*, 11(6):707-714. 1992.

Multiple Treatment Methods

“Exercise-training, macronutrient balance and body weight control.” Angelo Tremblay and Benjamin Buemann. *International Journal of Obesity*, 19:79-86. 1995.

“Sertraline and relapse prevention training following treatment by very-low-calorie diet: a controlled clinical trial.” Thomas A. Wadden, et al. *Obesity Research*, 3(6):549-557. 1995.

“Toward a new paradigm for the management of obesity.” Steven R. Hawks and Paul Richins. *Journal of Health Education*, 25(3):147-153. May/June 1994.

“Strategies for improving maintenance of weight loss.” Michael G. Perri, Samuel F. Sears, Jr., and Judith E. Clark. *Diabetes Care*, 16(1):200-209. 1993.

“Weight loss intervention in phase 1 of the trials of hypertension prevention.” Victor J. Stevens, et al. *Archives of Internal Medicine*, 153(7):849-858. 1993.

“Weight management without dieting.” John P. Foreyt and G. Ken Goodrick. *Nutrition Today*, pps. 4-9. March/April 1993.

“2.5 years follow-up of weight and body mass index values in the Weight Control for Life! program: a descriptive analysis.” R. G. Nunn, K. S. Newton, and P. Faucher. *Addictive Behaviors*, 17(6):579-585. 1992.

"Child and adolescent obesity: the nurse practitioner's use of the SHAPEDOWN method."

Laurel M. Melin and Lisa Frost. *Journal of Pediatric Health Care*, 6(4):187-193. 1992.

"A longitudinal analysis of the impact of dietary intake and physical activity on weight change in adults." Robert C. Klesges, et al. *American Journal of Clinical Nutrition*, 55:818-822. 1992.

"Lose weight and win: a church-based weight loss program for blood pressure control among black women." Shiriki K. Kumanyika and Jeanne B. Charleston. *Patient Education and Counseling*, 19(1):19-32. 1992.

"Management of obesity in diabetes mellitus." Carlene C. Hamilton, Patti B. Geil, and James W. Anderson. *The Diabetes Educator*, 18(5):407-410. 1992.

Methods for Voluntary Weight Loss and Control: An NIH Technology Assessment Conference March 23-April 1, 1992: Program and Abstracts + Statement. NIH Nutrition Coordinating Committee and the NIH Office of Medical Applications of Research. Bethesda, MD: National Institute of Health. 1992. 168 pp. + 29 pp.

Diets and/or Exercise

Intuitive Eating: a Recovery Book for the Chronic Dieter: Rediscover the Pleasures of Eating and Rebuild Your Body Image. Evelyn Tribole and Elyse Resch. New York: St. Martin's Press. 1995. 237 pp.

"Effects of decreasing sedentary behavior and increasing activity on weight change in obese children." L. Epstein, et al. *Health Psychology*, 14(2):109-115. 1995.

"Comparison of a low-fat, ad libitum complex carbohydrate diet with a low-energy diet in moderately obese women." Meena Shah, Paul McGovern, Simone French, and Judith Baxter. *American Journal of Clinical Nutrition*, 59:980-984. 1994.

"Beneficial effects of exercise on aerobic capacity and body composition in adults with Prader-Willi syndrome." Kathryn H. Silverthorn and James E. Hornak. *American Journal on Mental Retardation*, 97(6):654-658. 1993.

Eat More, Weigh Less: Dr. Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly. Dean Ornish. New York: HarperCollins. 1993. 425 pp.

"Effect of weight loss on regional body fat distribution in premenopausal women." Mauro Zamboni, et al. *American Journal of Clinical Nutrition*, 58(1):29-34. 1993.

- "Effects of exercise and weight loss on leucine turnover in different types of obesity." Jill A. Kanaley, Morey W. Haymond, and Michael D. Jensen. *American Journal of Physiology*, 264(5, pt 1):E687-E692. 1993.
- "Energy expenditure during walking and running in obese and nonobese prepubertal children." Claudio Maffels, et al. *Journal of Pediatrics*, 123:193-199. 1993.
- "Reduction of body mass and change in body composition on a very low calorie diet." L. H. Hoie, D. Bruusgaard, and E. Thom. *International Journal of Obesity*, 17(1):17-20. 1993.
- "Severe vs moderate energy restriction with and without exercise in the treatment of obesity: efficiency of weight loss." Mary Ellen Sweeney. *American Journal of Clinical Nutrition*, 57(2):127-134. 1993.
- "Very low-calorie diets." National Task Force on the Prevention and Treatment of Obesity. *Journal of the American Medical Association*, 270(8):967-974. 1993.
- "Weight management without dieting." John P. Foreyt and G. Ken Goodrick. *Nutrition Today*, pps. 4-9. March/April 1993.
- "Body-fat distribution and serum lipids during the long-term follow-up of obese patients treated initially with a very-low-calorie diet." Vojtech Hainer, et al. *American Journal of Clinical Nutrition*, 56(1 suppl.):283S-285S. 1992.
- "Cardiac effects of starvation and semistarvation diets: safety and mechanisms of action." Janis S. Fisler. *American Journal of Clinical Nutrition*, 56(1 suppl.):230S-234S. 1992.
- "Combination of very-low-calorie diet and behavior modification in the treatment of obesity." Richard L. Atkinson, et al. *American Journal of Clinical Nutrition*, 56(1 suppl.):199S-202S. 1992.
- "A controlled comparison of three very-low-calorie diets: effects on weight, body composition, and symptoms." Gary D. Foster. *American Journal of Clinical Nutrition*, 55(4):811-817. 1992.
- Diets That Work*. Deralee Scanlon with Larry Strass. Los Angeles, CA: Lowell House. 1992. 279 pp.
- "The role of breakfast in the treatment of obesity: a randomized clinical trial." David G. Schlundt, et al. *American Journal of Clinical Nutrition*, 55(3):645-651. 1992.

Medication

- "Appetite-suppressant drugs and the risk of primary pulmonary hypertension." Lucien Abenhaim, et al. *The New England Journal of Medicine*, 335(9):609-616. 1996.
- "Dexfenfluramine treatment of obesity: a double blind trial with post trial follow up." H. T. O'Connor, et al. *International Journal of Related Metabolic Disorders*, 19(3):181-189. 1995.
- "Evaluating success of weight loss programs with application to fluoxetine weight reduction clinical trial data." Mary E. Sayer, et al. *International Journal of Obesity*, 18:742-751. 1994.
- "Pharmacotherapy for childhood obesity? Maybe for some." William H. Dietz. *Obesity Research*, 2(1):54-55. 1994.
- "Androgen treatment of abdominally obese men." Per Marin, et al. *Obesity Research*, 1(4):245-251. 1993.
- "Effect of phenylpropanolamine on energy expenditure and weight loss in overweight women." Sharon Alger, et al. *American Journal of Clinical Nutrition*, 57(2):120-126. 1993.
- "Effects of dexfenfluramine treatment on body weight and postprandial thermogenesis in obese subjects. A double-blind placebo-controlled study." France Lafreniere, et al. *International Journal of Obesity*, 17(1):25-30. 1993.
- "Ephedrine, caffeine, and aspirin: safety and efficacy of treatment of human obesity." P. A. Daly, et al. *International Journal of Obesity*, 17(suppl. 1):S73-S78. 1993.

Nutrition Education

- "The effectiveness of nutrition education and implications for nutrition education policy, programs, and research: a review of research." I. Contendo, et al. *Journal of Nutrition Education*, 27(6):277-422. 1995.
- "A randomized trial of counseling for fat restriction versus calorie restriction in the treatment of obesity." Robert W. Jeffery, et al. *International Journal of Obesity*, 19:132-137. 1995.
- "Nutrition education research in weight management among adults." Ellen S. Parham. *Journal of Nutrition Education*, 25:258-268. 1993.

"Applying a philosophy of nutrition education to weight control." Ellen S. Parham. *Journal of Nutrition Education*, 22(4):194-197. 1990.

Psychology

"Weight-related attitudes and behaviors of black women." Shiriki Kumanyika, Judy F. Wilson, and Marsha Guilford-Davenport. *Journal of The American Dietetic Association*, 93(4):416-422. 1993.

"Behavioral treatment of severe obesity." Rena R. Wing. *American Journal of Clinical Nutrition*, 55(2 suppl.):545S-551S. 1992.

"Characteristics of successful dieters as measured by guided interview responses and Restraint Scale scores." Kristi J. Ferguson, et al. *Journal of The American Dietetic Association*, 92(9):1119-1121. 1992.

"The effects of aerobic exercise on psychological adjustment: a randomized study of sedentary obese women attempting weight loss." Barbara Stetson, et al. *Women & Health*, 19(4):1-14. 1992.

"Hypnosis and weight reduction: which is the cart and which is the horse?" Gordon Cochrane. *American Journal of Clinical Hypnosis*, 35(2):109-118. 1992.

"A multivariate analysis of weight-loss behavior." Charlotte A. Pratt, Gerald W. McLaughlin, and Clark Gaylord. *Psychological Reports*, 71(2, pt. 2):1075-1084. 1992.

Surgery

"Factors influencing left ventricular systolic function in nonhypertensive morbidly obese patients, and effect of weight loss induced by gastroplasty." Martin A. Alpert, et al. *The American Journal of Cardiology*, 71(8):733-737. 1993.

"Gastroplasty for obesity: long-term weight loss improved by vagotomy." John G. Kral, et. al. *World Journal of Surgery*, 17(1):75-78. 1993.

"A gastroplasty that avoids stapling in continuity." L. D. MacLean, B. M. Rhode, and R. A. Forse. *Surgery*, 113(4):380-388. 1993.

"Results of the surgical treatment of obesity." Lloyd D. MacLean, et al. *The American Journal of Surgery*, 65(1):155-160. 1993.

Weight Cycling

“Identifying predictive variables for long-term weight change after participation in a weight loss program.” Margaret A. Lavery and John W. Loewy. *Journal of The American Dietetic Association*, 93(9):1017-1024. 1993.

“Short communication: pregnancy, weight cycling, and weight gain in obesity” Stephan Rossner. *International Journal of Obesity*, 16:145-147. 1992.

“Weight loss and 2-y follow-up for 80 morbidly obese patients treated with intensive very-low-calorie diet and an education program.” James W. Anderson, Valerie L. Brinkman, and Carlene C. Hamilton. *American Journal of Clinical Nutrition*, 56(1 suppl.):244S-246S. 1992.

Periodical Series (in alphabetical order)

International Journal of Obesity. International Association for the Study of Obesity. Macmillan Press, Ltd. Houndmills, Basingstoke, Hampshire, England.

Healthy Weight Journal. Healthy Living Institute, 402 S. 14th Street, Hettinger, ND 58639. (701) 567-2646; Fax (701) 567-2602.

Obesity Research. North American Association for the Study of Obesity, 6400 Perkins Road, Baton Rouge, LA 70808. (telephone number not available)

The Weight Control Digest. American Health Publishing Company, P.O. Box 35328, Dept. 30, Dallas, TX 75235-0328. (800) 736-7323.

Contacts for Assistance

National Contacts:

The American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4854. Web site: <http://www.eatright.org/>

Calorie Control Council, 5775 Peachtree-Dunwoody Road, Suite 500-G, Atlanta, GA 30342. (404) 252-3663.

Center for Child and Adolescent Obesity, Dept. of Family and Community Medicine, University of California, MU3 East, Box 0, San Francisco, CA 94143-0900. (415) 476-4138.

Cooperative Extension, Iowa State University, 103 Morrill, Ames, IA 50011. (515) 294-3178.
Web site: <http://www.exnet.iastate.edu/Pages/pubs/Food.html>

Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service, United States Department of Agriculture, 10301 Baltimore Ave., Room 304, Beltsville, MD 20705-2351. (301) 504-5719. Web site: <http://www.nal.usda.gov/fnic>
E-mail: fnic@nal.usda.gov.

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354.
(909) 824-4690 (located in California) or (816) 228-4595 (located in Missouri).
Web site: <http://www.primenet.com/~ncahf/>

National Health Information Center, ODPHP, P.O. Box 1133, Washington, DC 20013.
(800) 336-4797. In Maryland (301) 565-4167. Web site: <http://nhic-nt.health.org/>

National Maternal and Child Health Clearinghouse, Health Resources and Services, Administration, 2070 Chain Bridge Road, Suite 450, Vienna, VA 22182-2536.
(703) 821-8955 ext. 254.

Weight-Control Information Network, 1 WIN Way, Bethesda, MD 20892-3665. (301) 570-2177
or (800) 946-8098. Web site: <http://www.niddk.nih.gov>
E-mail: win@matthewsgroup.com

Acknowledgment is given to the following reviewers:

- Dr. Linda Bandini, Massachusetts Institute of Technology, Clinical Research, Building E18, Room 447, 50 Ames Street, Cambridge, MA 02139.
- Dr. Madeleine Sigman-Grant, Associate Professor, Department of Food Science, Borland Laboratory, The Pennsylvania State University, University Park, PA 16802.

This *Nutri-Topics* was compiled by Shirley King Evans, Nutritionist,
Food and Nutrition Information Center December 1996

The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Educator, and Consumer.

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, and marital or familial status. (Not all prohibited bases apply to all programs). Persons with disabilities who require alternative means for communication of program information (Braille, large print, audio-tape, etc.) should contact the USDA Office of Communications at (202) 720-2791. To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, D.C. 20250, or call 1-800-245-6340 (voice) or 202-720-1127 (TDD). USDA is an equal employment opportunity employer.